**Bao’s Health**

Bao is very healthy. She walks every day. She does not

smoke. She sleeps every night. She goes to the doctor every year.

Bao does not want to get sick. She does things to prevent illness.

If Bao feels sick, she takes lots of time to rest. If she doesn’t rest,

she feels sicker. Bao doesn’t get sick very often because she takes

good care of her body.

**Yes or no? Bao…**

1. is healthy. Yes No

2. smokes. Yes No

3. goes to the doctor. Yes No

4. wants to get sick. Yes No

5. wants to prevent illness. Yes No

6. takes time to rest. Yes No

7. gets sick often. Yes No

1. Why does Bao sleep every day?

2. When does Bao go to the doctor?

3. Write three things that Bao does to stay healthy.

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**Discussion Questions:**

What do you do to stay healthy? What do

you do if you start to feel sick? Do you have a doctor?